

SECTION #3

HOW MRSA IS SPREAD/ NOT SPREAD

YOU CAN GET MRSA--

- Just like getting a common cold with “skin to germ” contact
- MRSA likes to travel by skin on **hands, clothes, linens and objects**
- MRSA is common in the nose of **25-30% of all people**



Antibiotic resistant germs are worldwide

YOU CAN ALSO GET MRSA BY BEING AROUND SOMEONE WHO IS SNEEZING OR COUGHING:



- It can be spread by droplets when people cough
- Caregiver's hands may be exposed and become contaminated



FIVE C'S (TO AVOID):

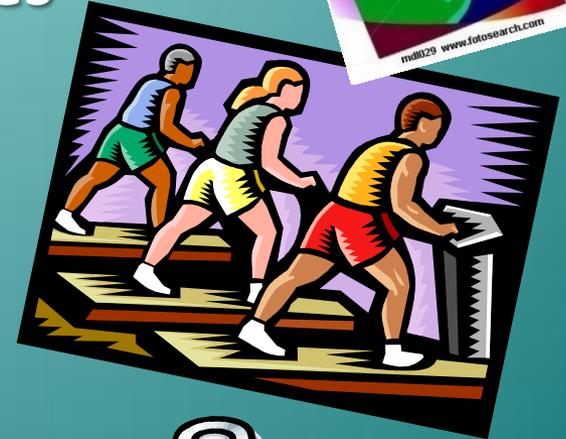
Although MRSA can occur anywhere, these are five contributing factors:

- 1) CONTACT
- 2) CLEANLINESS (not practiced)
- 3) CROWDING
- 4) CONTAMINATED AREAS
- 5) COMPROMISED SKIN



TO PREVENT THE SPREAD OF MRSA:

- Maintain good hygiene at all times
- Keep wounds covered with clean dry bandages
- Be careful in close contact activities (i.e. gym, athletic practice, day care, school, work, etc.)
- Get a flu shot – MRSA caused pneumonia can follow the flu
- Do not take antibiotics when you don't need them





BLEACH IS GOOD PROTECTION

Good Protection is CHEAP!



Use ONE TABLESPOON BLEACH
per ONE QUART WATER



to clean bleach safe surfaces,
rooms, etc.